

ABSTRACT OF THE INVENTION

A method of playing a game having certain aspects and rules similar to those of regulation baseball, but with modifications to suit a wider range of age, gender and ability than regulation baseball. Only fastball pitches are allowed. Specifically, all pitches other than fastballs (e.g., curveballs) are prohibited. A penalty may be issued when the pitcher delivers a pitch other than a fastball. In addition, rules are provided that will speed up the pace of the game, such as issuing a strikeout after two strikes and a walk to the batter after three balls. The game also provides that divisions may be organized according to the velocity of pitching, age and/or gender of players. The game also optionally provides for the use of a reduced injury factor ball and a wooden bat for increased safety.